

# Get Up & Dance

拍数: 64      墙数: 4      级数: Intermediate  
编舞者: Pam Pike (UK)  
音乐: Got To Get Up (Radio Edit) - Afrika Bambaataa



## UP & DOWN HIP BUMPS

- 1&2      Step right foot forward and bump right hip up to right side, bump hip back left, bend knees slightly and bump right hip down to right side
- &3&4      Straighten knees and bump hip back left, bump right hip up to right side, bump hip back left, bend knees slightly and bump right hip down to right side
- 5&6      Step left foot forward and bump left hip up to left side, bump hip back right, bend knees slightly and bump left hip down to left side
- &7&8      Straighten knees and bump hip back right, bump left hip up to left side, bump hip back right, bend knees slightly and bump left hip down to left side

## GRAPEVINES WITH CLAPS

- 9-11      Right grapevine (step right foot to right side, step left behind right, step right foot to right side)
- 12      Touch left next to right whist clapping once
- 13-15      ¼ turn left grapevine (step left foot to left side, step right behind left, step left foot to left side making ¼ turn left)
- &16      Touch right next to left while clapping twice

## HALF TURN MONTEREY AND HEEL SWITCHES

- 17-20      ½ turn Monterey (point right foot to right side, on ball of left foot pivot ½ turn right stepping right beside left, Point left foot to left side, step left next to right)
- 21&22&      Dig right heel forward, step right next to left, dig left heel forward, step left next to right
- 23&24&      Dig right heel forward, step right next to left, dig left heel forward, step left next to right

## KICK BALL CHANGES AND QUARTER TURNS

- 25&26      Kick right foot forward, step ball of right foot next to left, step left in place
- 27-28      Step right foot forward, pivot ¼ turn left
- 29-32      Repeat counts 25-28

## FORWARD AND TURNING SHUFFLES

- 33&34      Right shuffle forward (step right foot forward, step left next to right, step right foot forward)
- 35&36      Turning left shuffle (step left foot forward starting to turn right, step right next to left completing ½ turn right, step back on left)
- 37&38      Right shuffle back (step right foot back, step left next to right, step right foot back)
- 39-40      Step back on left foot, replace weight onto right foot
- 41&42      Left shuffle forward (step left foot forward, step right next to left, step left foot forward)
- 43&44      Turning right shuffle (step right foot forward starting to turn left, step left next to right completing ½ turn left, step back on right)
- 45&46      Left shuffle back (step left foot back, step right next to left, step left foot back)
- 47-48      Step back on right foot, replace weight onto left foot

## MODIFIED JAZZ BOX WITH KICK BALL CHANGE

- 49-51      Cross right foot in front of left, step back on left foot, step right foot to right side
- 52-54      Cross left foot in front of right, step back on right foot, step left foot to left side
- 55&56      Kick ball change (kick right foot forward, step ball of right foot next to left, step left in place)

## SIDE SHUFFLES WITH ROCK STEPS

- 57&58      Right side shuffle (step right to right side, step left next to right, step right to right side)

59-60 Step back on left foot behind right, replace weight onto right foot  
61&62 Left side shuffle (step left foot to left side, step right next to left, step left to left side)  
63-64 Step back on right foot behind left, replace weight onto left foot

**REPEAT**

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